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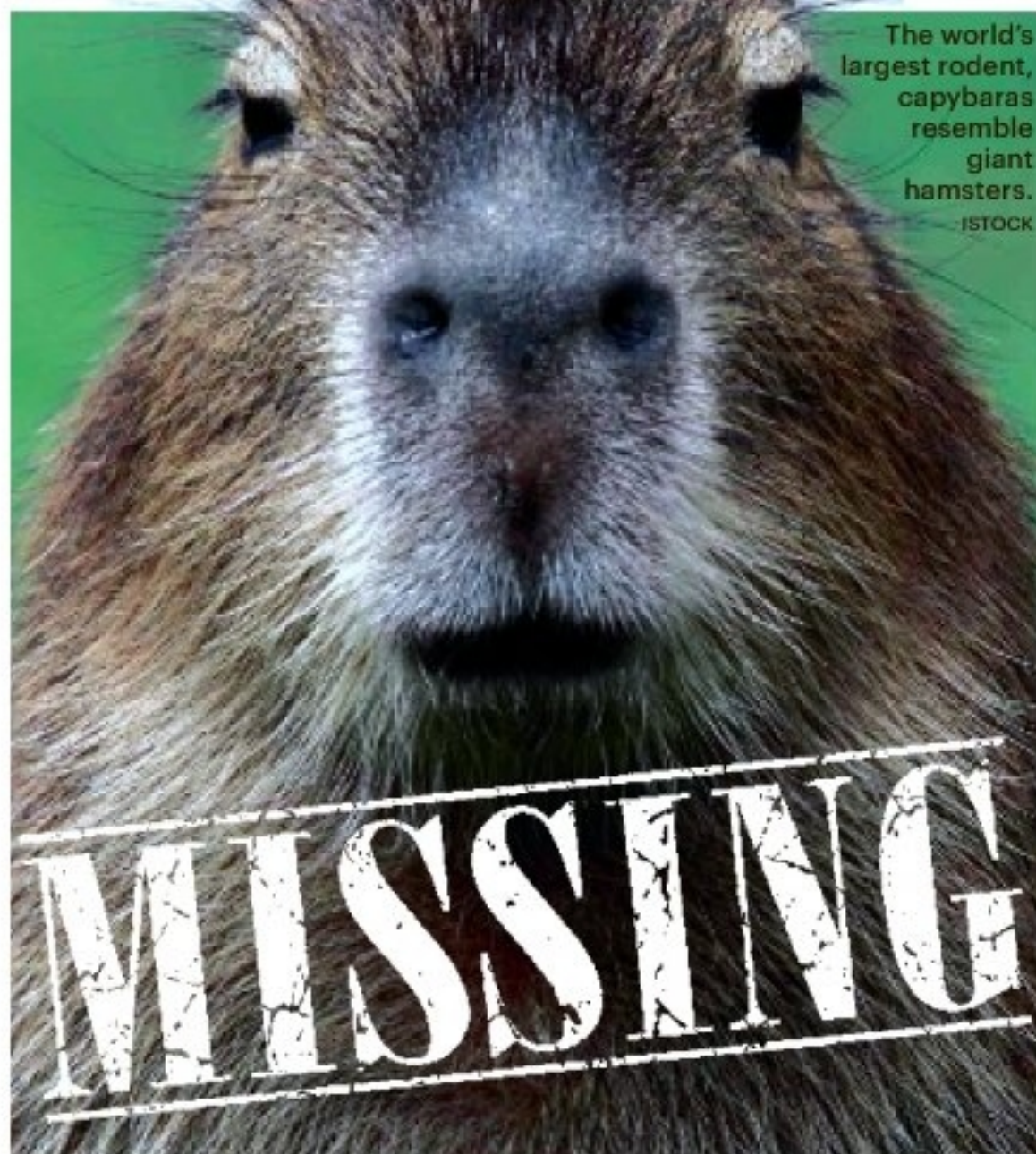


**GORD DOWNIE
CANCER
DIAGNOSIS
JUST PLAIN
TRAGIC**
metroNEWS

Your essential

WEDNESDAY, MAY 25, 2016

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The world's
largest rodent,
capybaras
resemble
giant
hamsters.
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Toronto's first indigenous health strategy in the works

RECOMMENDATIONS

Report addresses issues like poverty and food security



**May
Warren**
Metro | Toronto

Two years ago, 19-year-old Sam Mukwa Kloetstra moved from Mattagami First Nation, near Timmins, to Toronto, one of the growing number of indigenous people coming to the city in search of new opportunities.

"A lot of people don't realize that Toronto has a massive indigenous population," he said. "I see this every day, more and more people coming."

Statistics Canada puts Toronto's indigenous population at about 20,000. But more recent data from St. Michael's Hospital suggests

between 34,000 and 69,000 indigenous people live in Toronto.

The growing influx is one of the reasons Kloetstra is working with the Toronto Indigenous Health Advisory Circle to develop Toronto's first indigenous health strategy.

The group has spent the past year crafting the 35-page document. It includes a host of recommendations, from making health care spaces more welcoming for indigenous people to calling for landlord racism against indigenous communities to be addressed.

"It's built for indigenous people by indigenous people, but it's accessible to anybody," said Kloetstra, who called the strategy "a reclamation of wellbeing" for his community.

The strategy goes to the board of health for endorsement May 30. After that, it's a matter of "working with the city on how we can implement this vision," Kloetstra said.

The report addresses many of the

social issues that impact health, such as poverty and food security, both of which disproportionately affect indigenous people.

For example, it recommends developing a housing policy to address the challenges two-spirited people, and indigenous youth and seniors, face in finding affordable housing.

"We carry the health burden," said Joe Hester, executive director of Anishnawbe Health Toronto, who helped author the strategy. "The health of our people is way below that of the general population."

One of the recommendations is to improve collaboration between the mainstream health care system and indigenous organizations like his.

Hester said he has had "great success" working with traditional indigenous healers and other cultural health care practices.

"There are many ways of healing and helping with health issues, and ours shouldn't be discounted just because it's non-western," he added.

**Thirty-person search launched for
High Park Zoo runaways** metroNEWS

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Teens' films hit theatre

CULTURE

High school filmmakers to showcase work at Yorkdale mall



Colin McNeil
Metro | Toronto

A 'very political' documentary about the cultural impact of Star Wars, a horror film about a psycho killer principal, an anti-romantic comedy that takes shots at '80s classic Say Anything.

Critics' picks for the next TIFF? Not quite. You're looking at the line-up for Chaminade College

School's one-day student film showcase, which takes over the Yorkdale Mall Cineplex tomorrow. But there's nothing elementary about this high school film festival.

These young filmmakers take their work seriously — enough to leave an interview with Chris Weitz, the screenwriter behind the upcoming Rogue One: A Star Wars Story, on the cutting room floor.

The Hollywood writer's interview just "didn't fit into the narrative," says Grade 12 student Giuseppe Tosolini, one of the kids behind a 10 minute Star Wars documentary called The Force.

The rest of the lineup includes everything from a thriller that has a student battling mental health issues while he takes his class hos-



When you make a film, it's like it's your baby. You're getting to see other people love your baby. Giuseppe Tosolini

tage with a gun, to a drama with a 'Birdman vibe' about a socially anxious teenager forced to interact with others on public transit.

Every short film was created by students from the all-boys Catholic school, who get the chance to see their work play out on the big screen.

"It means a ton to me," said Tosolini, who helped shoot and edit The Force.

"When you make a film, it's like it's your baby. You're getting to see other people love your baby. That's what makes it feel real."

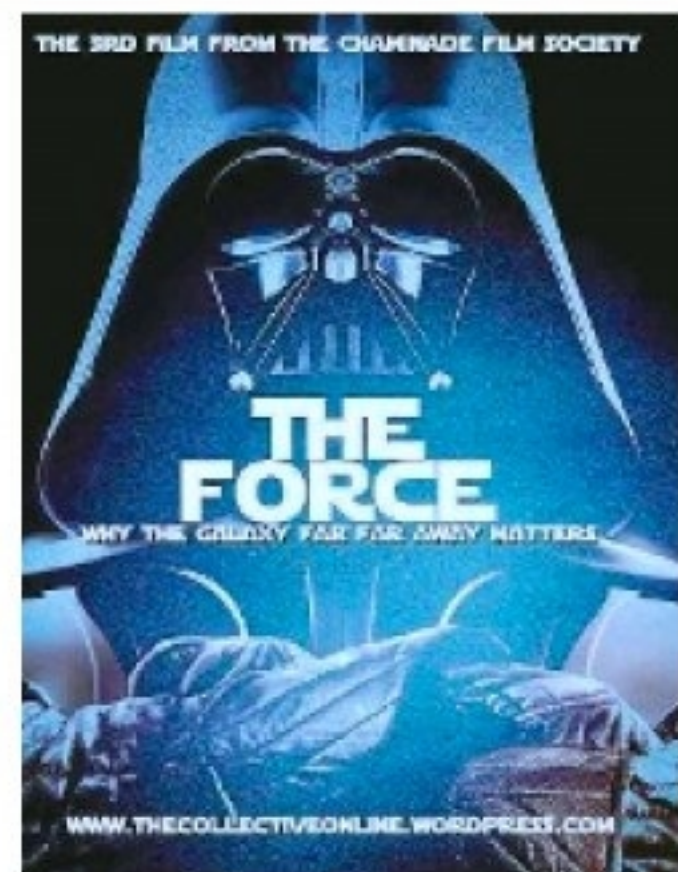
Seeing student work in theatres

is "an inspiration," agrees Angelo Ventura. His film, The Prom Date, is an anti-romantic comedy where a high schooler recreates the iconic boombox scene from 1989's Say Anything, only to have his fantasies shattered and his prom proposal rejected.

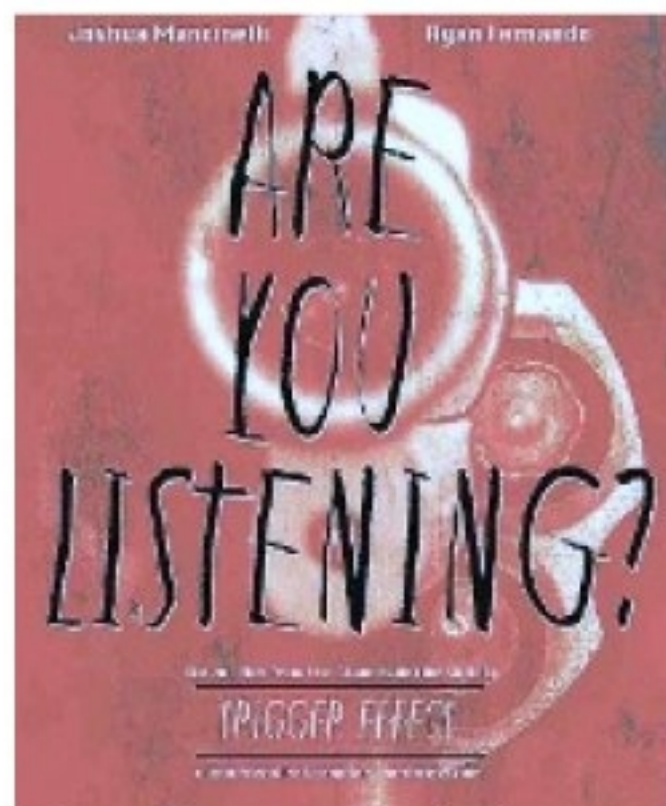
"We wanted to move away from the fantasy of love films," the Grade 12 writer and star explained.

Having the John Cusack stand-in get rejected is "much more interesting" than the original.

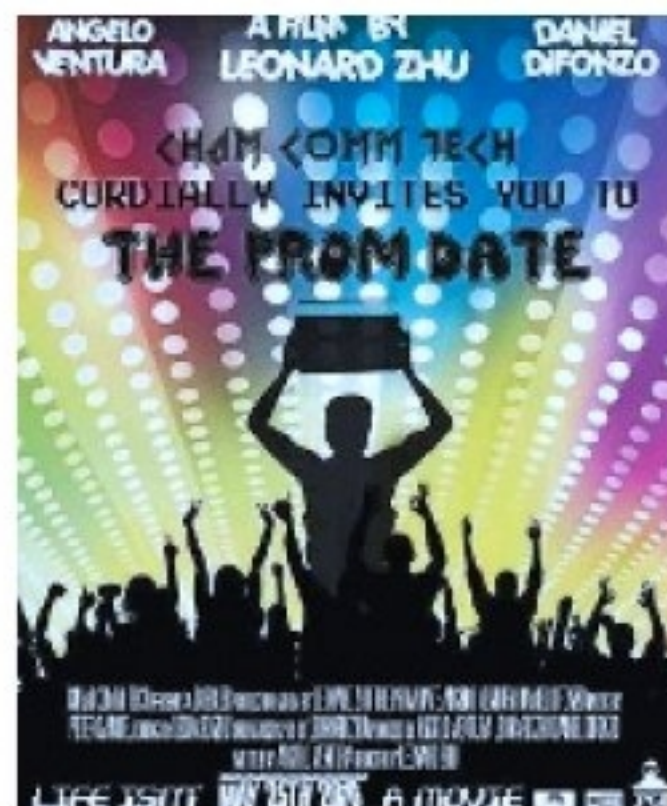
Doors at the Yorkdale Cineplex open at 6 p.m. Tickets are \$10.



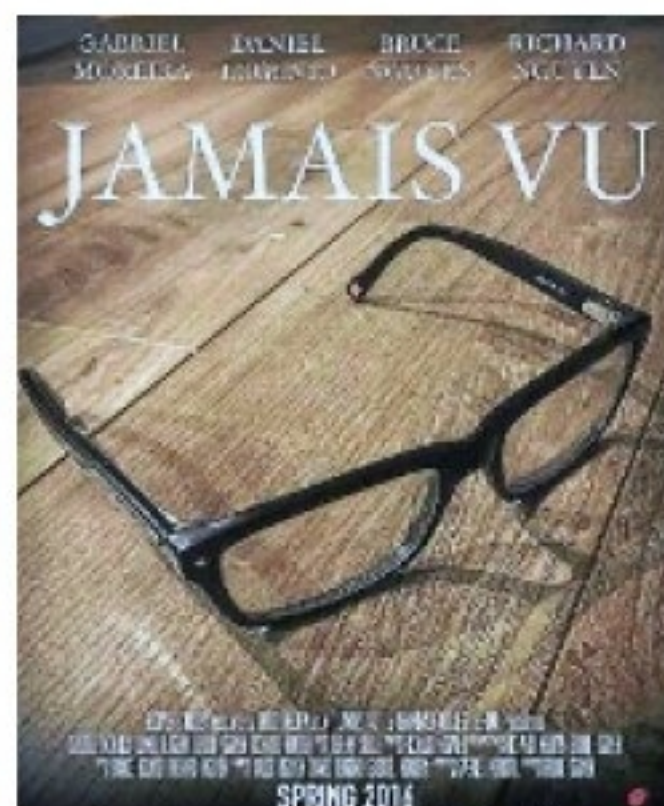
The Force — A "very political" documentary about the time, place and politics that birthed the biggest film franchise of all time.



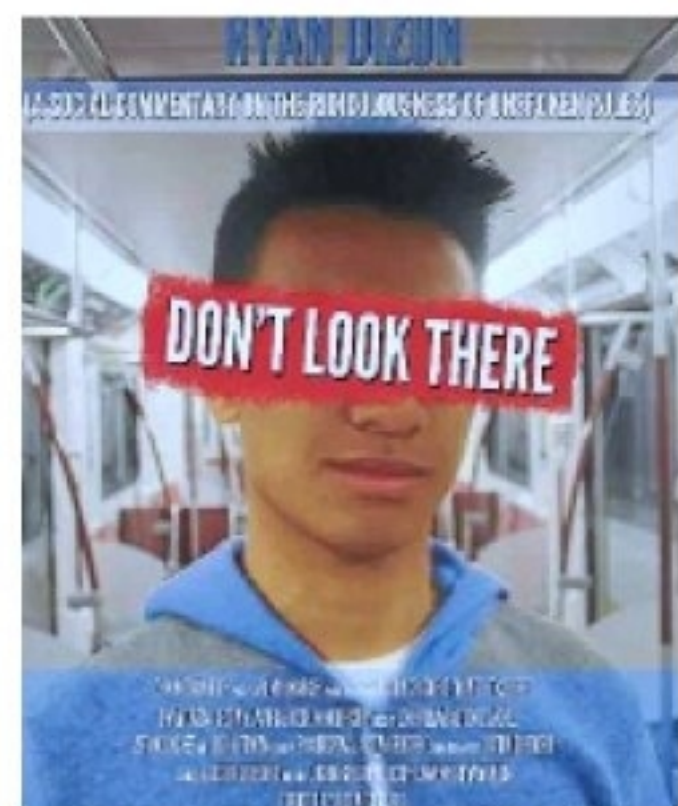
Trigger Effect — A student battling mental health issues, as well as coping with a mother who's ashamed of his condition, takes his class hostage with a gun.



The Prom Date — It's boy meets girl, boy never even has a shot, in this anti-romantic comedy that pokes fun at 1980s romcom classic Say Anything.



Jamais Vu — In this slasher flick with a twist, high school students are being hunted down one by one by a malicious killer in a small Canadian town.



Don't Look There — A socially awkward student has to reckon with his own anxiety and come to terms with himself after being forced to take public transit.

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Breaking down youth barriers

URBAN LIFE

8-month study chronicled struggles of 60 young people

Gilbert Ngabo
Metro | Toronto

Give youth a second chance at employment. Improve their access to health-care. Improve their relations with police. Engage them in local economic developments.

These are just some of the recommendations from an eight-month study on youth experiences with unemployment, being released Wednesday by the St. Stephen's Community House.

The report — titled *Tired of the Hustle: Youth Voices on Unemployment* — chronicled the everyday experiences of 60 young unemployed people living in the Jane and Finch area, giving them an opportunity to air their concerns and propose the best approach to address critical issues.



Souleik Kheyre, one of the people who worked on the unemployment study. CONTRIBUTED

More importantly, the exercise showed the need to involve youth when trying to come up with solutions to unemployment. The group is presenting

the recommendations to local politicians and community leaders in hopes of creating concrete strategies.

"We can't keep saying youth

need this, youth need that, without actually having them at the table," said St. Stephen's executive director Bill Sinclair. "They know what they want. Let's just

have a clear plan about what's going to happen next."

Souleik Kheyre, a fourth-year employment relations student at University of Toronto who

+ COMPARISON

Youth unemployment in Toronto: 18.1 per cent

Unemployment rate in Toronto: 7.3 per cent

SOURCE: STATISTICS CANADA

was among the lead researchers, called the experience "emotional."

Project leaders discovered youth were concerned about more than just unemployment. Kids talked at great length about not having anyone who cared in their lives, not being able to afford transportation or dropping out of school because they heard nothing they were interested in.

Kheyre, who grew up and lives in the neighbourhood, said one particular young person described the difficulties of sitting at a bus stop near Jane and Steeles and looking at a nearby cemetery.

"A lot of young people we grew up with are buried there," she said. "Imagine the emotional toll it takes on a kid struggling to afford a bus fare."

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Catchybaras ... if you can

HIGH PARK HIJINKS

Race is on after zoo's runaway rodents spark search efforts



Luke Simcoe
Metro | Toronto

City staff were still on the hunt for a pair of capricious capybaras as the sun set Tuesday on High Park.

The rodents escaped the High Park Zoo late Monday, prompting a massive search and rescue operation. According to the city, 30 parks, forestry and recreation staff were dispatched to locate the missing animals.

"It's all hands on deck to rescue the capybaras," said city spokeswoman Megan Price.

The world's largest rodent, capybaras resemble giant hamsters. The animals can weigh as much as 70 kilograms, but Price said the two escaped females in High Park are much smaller.

Details about the capybaras'

escape are limited, but Price said the pair made a break for it while another capybara was being transferred to their pen. Their departure leaves the zoo's capybara tally at one.

"Once we have rescued the capybaras we'll be undertaking a review of what happened and putting protocols in place to prevent it from happening again in the future," she said.

The animals don't pose a threat to humans, Price said, but they are skittish, so anyone who spots them is asked to call 311 rather than approach.

"They can be quite speedy, especially if they feel threatened," she said.

Search efforts were focused around a creek that runs through the park near the zoo. Native to South America, capybaras are semi-aquatic and congregate near water.

"They like water, it is where



It's all hands on deck to rescue the capybaras.

Megan Price



A capybara soaks up the sun at the High Park Zoo. The escape of two of the world's largest rodents sparked a social media frenzy across Toronto on Tuesday. TORSTAR NEWS SERVICE FILE; INSET: TWITTER

they feel safe," said Jeff Young, the supervisor of wildlife care at the Toronto Zoo, which is also home to a troupe of capybaras.

Young said the animals like to chew on plants and could damage some of the park's flora. But the more pressing concern is that predators like coyotes, or

even off-leash dogs, could prey on the docile capybaras.

"The capybara is not an aggressive animal," Young said.

The escaped capybaras were recent arrivals to the zoo, having been brought in to replace the park's previous capybaras, which died last fall due to a

bacterial infection.

It's not the first time animals have escaped the High Park Zoo. Last year, the zoo's resident peacock flew the coop for a week. The bird was spotted all over the Roncesvalles neighbourhood before returning home on its own accord.

+ PERKS RANGER

Mayor John Tory addressed the missing capybaras Tuesday saying he had appointed his council colleague — and sometimes critic — Gord Perks to track the animals down.

"I think Gord has the suitable skills required for that ... and I look forward to his full report," Tory said.

"That's a joke, by the way," the mayor added before turning to other matters.

+ SOCIAL ANIMALS

The High Park capybaras are on the lam — and online. News of the capybaras' escape spawned not one, but two Twitter parody accounts: @TorontoCapybara and @HPCapybara. The former taunted searchers with tweets like "YOU'LL NEVER FIND US," while the latter asked for patio recommendations near High Park. The terms "capybara" and "High Park Zoo" were also trending on Twitter in Toronto.

FEASIBILITY STUDY

Tory stays tentative on Expo bid

A high-profile push for Toronto to consider bidding to host Expo in 2025 appears to have kept the dream alive.

After ex-mayors and an ex-premier joined Coun. Kristyn Wong-Tam to make the case for a world's fair bid, Mayor John Tory said he supports city

staff this fall looking at a privately funded feasibility study.

Tory, however, made it clear he won't support Toronto officially signalling an intention to bid until the provincial and federal governments guarantee they'll "backstop" the cost of hosting a six-month international

showcase.

"It's just not something the property taxpayers of Toronto can bear on their own," Tory said of total costs. "If you look at the city's financial state ... it is not such that we could absorb very much of the cost of putting this on." TORSTAR NEWS SERVICE

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The tour will go on

MUSIC

Tragically Hip frontman Gord Downie battling cancer

Tragically Hip frontman and lead singer Gord Downie will be well enough to go on tour despite a diagnosis of terminal brain cancer, one of his doctors told a news conference Tuesday.

Downie, 52, was diagnosed with glioblastoma, an invasive brain tumour, in his front left temporal lobe in December after he suffered a seizure while walking around his hometown of Kingston, neuro-oncologist Dr. James Perry said.

"Fortunately for Gord, he has a type of glioblastoma that is more amenable to treatment than most ... with a more favourable response to treatment," Perry told the news conference at Sunnybrook Health Sciences Centre.

While he said Downie could



Gord Downie has been diagnosed with terminal brain cancer. THE CANADIAN PRESS FILE

have "a significantly higher chance of longer-term survival," Perry repeatedly declined to give a timeline for the cancer's progress.

"He is doing very well," Perry said. When fans go to the show this summer, he said, "they will see a survivor continuing with his craft."

The Hip's manager Patrick Sambrook told the news conference that Downie wouldn't be going on tour unless he could "blow people's minds."

TORSTAR NEWS SERVICE



Prime Minister Justin Trudeau, speaks with Japanese Emperor Akihito as Sophie Grégoire Trudeau, speaks with Empress Michiko. THE CANADIAN PRESS



The Trudeaus were greeted by an honour guard when they arrived on Tuesday. THE CANADIAN PRESS

ANNIVERSARY

Trudeaus' day off fraught with criticism

When Prime Minister Justin Trudeau announced that he and his wife Sophie Grégoire-Trudeau would take Wednesday off to celebrate their wedding anniversary during a visit to Japan, critics immediately jumped on the micro-vacation as another example of Liberal entitlement.

"I'll see your hubbub about nannies and extra help and raise you an anniversary abroad. Bold," Andrew MacDougall, a former communications director for Stephen Harper, quipped

on Twitter.

Trudeau, whose office won't say how many staff he has in tow, defended the prime ministerial down time during the four-day Japan trip, calling it an example of "the kind of work-life balance that I've often talked about as being essential in order to be able to be in service of the country with all one's very best and that's certainly something I'm going to continue to make sure we do."

The couple were to spend the

night at a traditional Japanese inn before Trudeau heads to the G7 summit on Thursday in the country's Ise-Shima region. Trudeau said he'd personally pay for their anniversary night out.

The Trudeaus' 11th anniversary hiatus calls to mind a different age when prime ministerial down days were a regular occurrence.

Former prime minister Pierre Trudeau often took one or more of his boys with him when he travelled abroad in the 1970s

and early '80s.

Patrick Gossage, a former press secretary to Pierre Trudeau, recalls the prime minister disappearing for a three-day vacation after the 1978 Bonn summit.

Brian Mulroney, who followed the elder Trudeau in office, largely escaped the travel controversies of his predecessor, sticking to business while abroad even if the pre-Internet media pace was less punishing.

THE CANADIAN PRESS



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Blast downed plane: Expert

MEDITERRANEAN SEA

Body parts from EgyptAir flight show signs of burns

Body parts recovered from the crash of EgyptAir Flight 804 showed signs of burns and were so small that they suggested the jet was brought down by an explosion, a member of the team examining the remains said Tuesday. But the idea of a blast was promptly dismissed by the head of Egypt's forensic agency as "baseless" speculation.

The cause of the crash of the EgyptAir jet flying from Paris to Cairo that killed 66 people aboard still has not been determined. Ships and planes from Egypt, Greece, France, the U.S. and other nations are searching the Mediterranean Sea north of the Egyptian port of Alexandria for the jet's voice and flight data recorders, as well as more bodies and parts of the aircraft.

Egypt's civil aviation minister

has said he believes terrorism is a more likely explanation than equipment failure or some other catastrophic event. But no hard evidence has emerged on the cause, and no militant group has claimed to have downed the jet. Leaked flight data indicated a sensor detected smoke in a lavatory and a fault in two of the plane's cockpit windows.

An Egyptian forensic team was examining the remains of the victims for any traces of explosives, according to a team member and a second official, both speaking on condition of anonymity because they were not authorized to talk to reporters.

The team member said the fact that all 80 body parts recovered so far were very small and that some showed signs of burns suggested an explosion.

But Hisham Abdel-Hamid, head of the Egyptian government's forensic agency, dismissed the suggestion, telling the state-run MENA news agency: "Whatever has been published is baseless and mere assumptions." THE ASSOCIATED PRESS



A model in a dress made of flowers at the Chelsea Flower Show. GETTY IMAGES



Queen Elizabeth II stands beside a floral exhibit during a visit to the show on Monday. AFP/GETTY IMAGES

CHELSEA, UK

Visitors flock to flower show

The Chelsea Flower Show, London's legendary celebration of gardening, gets under way today, continuing a tradition that started in 1913, interrupted only by wartime.

The show, organized by the Royal Horticultural Society, is not the biggest in Britain. The Hampton Court Palace Flower Show is bigger, but Chelsea is still the most prestigious.

The weather is forecast to be cloudy this year, with the odd rain shower. But sometimes, the vagaries of the English climate really does get in the way. In 1932 the rain at the show was so severe that a summer house display fell to pieces. Another wet year an exhibitor named it "The Chelsea Shower Flow."

Whatever the weather, you

can be pretty sure there will be 157,000 visitors, which is a limit imposed since 1988 by the capacity of the site at the Royal Hospital, Chelsea.

One feature of this year's show doesn't have any actual roots, and doesn't need watering. Almost 300,000 handmade poppies to honour the armed forces will be on display.

TORSTAR NEWS SERVICE

IN BRIEF

Bill Cosby to stand trial

On Tuesday, a judge ordered 78-year-old Bill Cosby to stand trial on sexual assault charges on the strength of Constand's decade-old police statement.

Cosby could get 10 years in prison if convicted in the case, the only criminal charges brought against the comedian out of the barrage of allegations that he drugged and molested dozens of women over five decades.

THE ASSOCIATED PRESS

Idomeni camp closed

It grew to the size of a small town, becoming a symbol of Europe's closed border policy for migrants and refugees. On Tuesday, Greek authorities began to dismantle it.

Police moved more than 2,000 people out of Idomeni, the makeshift camp on the Macedonian border, and sent in bulldozers to begin erasing the tent city, dashing the dreams of thousands who hoped to eventually reach Europe.

THE ASSOCIATED PRESS

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Pace car drivers to slow traffic down

SAFETY

Decal-adorned vehicles aim to stop motorists testing the limit



Brodie Thomas
Metro | Calgary

If you're the type of cautious driver who always goes the posted speed limit, a community association in Calgary would like to invite you over.

Rocky Ridge Royal Oak Community Association is about to roll out a community pace car program with an aim to keep traffic moving at the speed limit.

Ali Oonwala, vice-president of the association, said many residents have already registered for the program, and mailouts have gone to every residence in the community.

"Basically it's going to be in full gear come the summer," said Oonwala.



This sticker alerts drivers that the car ahead will stick to the speed limit. CONTRIBUTED

The pace car program has been used successfully in communities across Canada. Drivers pledge to drive cautiously and at the posted speed limit — or to conditions — all the time.

They also have bumper stickers and rear-window stickers to let lead-footed drivers know why they're driving in such a reasonable way.

"We've got all our own stickers made up specific to the community," said Oonwala.

The program is a local pilot, but Coun. Ward Sutherland said

if it's successful, the stickers can easily be customized to any community in the city.

"There's been lots of interest in the program in general, but we wanted to run it in one community first," said Sutherland. "Lots of people are already interested because it's about people taking action instead of just criticizing and wanting enforcement."

He said part of the program is just about raising awareness, so people will understand what the stickers mean when they see them.

"They found in research that when you had people coming along and they're speeding, and then they see a car in front of them with the sticker, they'll say, 'Yeah, I shouldn't be zipping by this person.'"

"It actually affects other people's behaviour."

Sutherland said the pilot won't just be based on anecdotal evidence — they've already partnered with the city to record observations about speeding prior to the launch. They'll also gather more data in the fall.

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ROSEMARY WESTWOOD ON HOW NOT TO BE NICE

NO SUGAR, BUT ALL SPICE

Faced with a culture that insists on niceness as the best — in fact, only — option for women, some notable writers and artists are making a counterproposal: **We can be as mean as we want to be.**

Niceness, our national pastime, has special significance for women. It is not only a constant expectation, it is considered innate. It is inextricable from girliness and womanliness, part of their very definition. And despite feminism's long work to undermine this trope, niceness has gone nowhere.

Which is why, just last October, researchers at Arizona State University found that anger only looks good on a man.

In the study, anger made men more convincing, but "when women expressed identical arguments and anger, they were perceived as more emotional," thus undermining their message, noted co-author and psychologist Jessica Salerno.

In other words: Since anger is not nice, an angry woman is doing something wrong, and therefore she's not credible. Or, probably, likable.

This is also why powerful women are routinely derided with antonyms of nice.

The writer Lindy West, for example, has been called many traditionally

unsavoury things, and one of them led to the title of her new book. *Shrill: Notes From a Loud Woman* chronicles West's ascension to feminist-commentary fame. "My husband came up with it," she told one interviewer, of the title. "I don't totally remember (why). I'm sure some Internet troll called me shrill."

Because she chose to name the book after a supposed insult, it is both a rebranding of the word and a branding of West herself. The message to readers is clear: Lindy West gets called bad names, and not only does she not care — she's going to profit from it. It's a wink to women everywhere who have been put down for failing to show unfailing niceness, and a warning to those who don't like a brazenly opinionated woman.

In snatching a label so often used to undermine women's views by deriding their tone, West has spun slag into self-praise.

It's a similar tactic to Jen Agg's. The Toronto restaurateur has a forthcoming book titled *I Hear She's a Real Bitch*. Agg, like West, is a caps-lock Twitter per-



The title of Lindy West's new book, *Shrill*, is a wink to women put down for failing to be nice. JENNY JIMINEZ/TORSTAR NEWS SERVICE

sonality ("Snickering, muttering about what a crazy bitch I am GO AHEAD I don't give a F-K," reads one tweet), unwilling to capitulate to critics, and uninterested in dutifully toeing a submissive feminine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by

women let's just go ahead and assume we are natural enemies."

When her book comes out, she'll be selling the idea of "bitch" as something good — a tactic that by now has a long history. Unlike the word "shrill," Agg's chosen insult-as-talisman has gone through dozens of meanings and connotations over nearly a

century. The bad meanings have included whore and mean. The good: powerful, assertive and, even, feminist (as in, *Bitch Magazine*). A historical overview in *Vice* wondered whether bitch has retained any one overall meaning as a result of all this flux. From personal experience, I can confirm it remains, widely, a slur.

But words like "shrill" and "bitch" are worth using in book titles exactly because they remain controversial. They evoke other similarly derogatory terms, like "abrasive" and "aggressive," and the worn-out critiques of powerful women, like Hillary Clinton, as yelling too much.

For as long as this niceness expectation remains the status-quo, it will give women like West and Agg their special spice. Unburdened by the need to please and be pleasant, they say and do what they want, letting other, more wary women live vicariously through them.

That, I can tell you, is an immensely freeing experience, similar, if on a lesser scale, to the almost spiritual catharsis I have

every time I watch *Don't Hurt Yourself*, Beyoncé's most vicious song in the cultural beast that is her visual album, *Lemonade*. The video is the most dangerous vision of Queen Bey we've ever seen. Menacing, dismissive, physically aggressive — she vibrates with the kind of anger that flares nostrils. "I am the dragon breathing fire," she sings, and "Who the f—k do you think I am?" and in a crescendo: "Tonight I'm f—king up all your s—t boy!"

The anger is so acute, so righteous. It feels so good precisely because it is transgressive.

One explanation for that, and for niceness's staying power, is that niceness is useful. It serves the patriarchy extremely well, since nice women don't cause fuses.

But, by the same token, they may have a harder time landing a book deal. What many women want right now is help on how to NOT be nice. How not to be cowed. We want our anger taken seriously, and our opinions, and our skills.

Book marketers seem happy to oblige.



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6	9	8	7	2	3	1	4	5
2	5	1	8	6	4	3	7	9
3	4	7	9	1	5	8	6	2
8	2	9	4	3	6	7	5	1
1	6	5	2	7	8	4	9	3
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Kyle Lowry's slam dunk meal

"On game day, we'll do egg whites and gluten-free pancakes — just to get the carbs in there — turkey sausage, avocado, fruit. We'll do a big breakfast, so I can burn the calories all day. Once game time comes, I'm already fuelled and ready to go." That's what the Raptors' Kyle Lowry told us a while back, when we asked what he eats for breakfast. Ahead of Game 5 of the Eastern Conference Finals, we're uncovering the secrets of this breakfast of a champion. **TORSTAR NEWS SERVICE**

AVOCADO

The avocados provide a healthy monounsaturated fat and help ensure Lowry gets enough calories before the game — an athlete at his level should be consuming a breakfast that contains between 750 and 1,000 calories. (Lucky him.)

FRUIT

Plenty of carbohydrates are needed for fuel before the big game. Fruit is a better choice than vegetables for this situation — more carbs and less fibre.

TURKEY SAUSAGE AND EGG WHITES

These are great lean protein alternatives (compared to beef or pork sausages and whole eggs), which will keep the muscles and gastrointestinal (GI) tract happy. When muscles work intensely, there's competition between working muscles and the GI tract. The top priority for the body is to digest food, which will limit the blood supply to muscles, resulting in quicker fatigue. Fat takes three to five hours to digest, so Lowry doesn't want an excess of it before the big game.

GLUTEN-FREE PANCAKES

Typically gluten-free flours (rice flour, tapioca flour and potato starch) are low in fibre and are absorbed rapidly. That beats a high-fibre carbohydrate, which increases digestion time, delaying the speed at which glycogen reaches the muscles. Also, grains that contain gluten (wheat, barley and rye) contain carbohydrates that are poorly absorbed and can cause gastrointestinal disturbances in some people — not a distraction you want when you're squaring off against LeBron James.

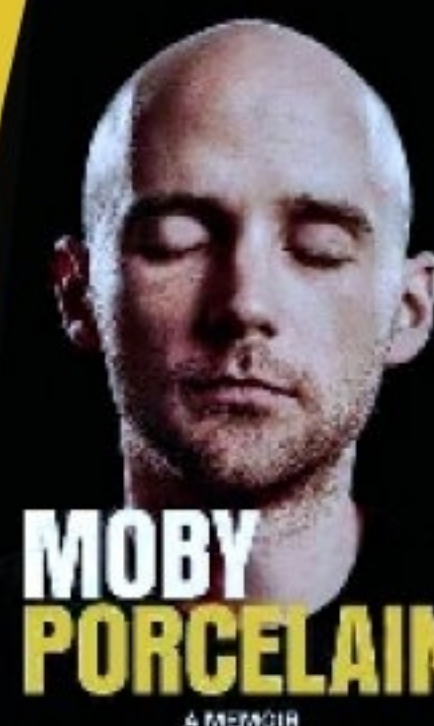


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FOOD BRIEFS

Boozy root beer a summer treat

In the world of ready-to-drink (the liquids formally known as coolers), trends can be as short as a Canadian summer. With a customer base void of loyalty, and always looking to swallow the latest flavour, few are lucky enough to see a second season on the shelf.

Knowing the sales life of their output can be fleeting, producers have gone in some dubious directions to stay current. That's what makes this year's trend towards booze-infused root beer appealing. Both retro and hipster certified, root beer is a classic warm weather comfort beverage.

Dusty Boots Hard Root Beer (6x355ml, \$14.95-\$16.99), made by iconic Brewing in Oakville, Ontario, looks and tastes like, well, the real thing. With its hefty 5.9 per cent alcohol level artistically disguised in a blend of hops and spice, it's got staying power with seasonal sipping written all over the label. PETER ROCKWELL/METRO



Cheesy potato and bean bowl. TORSTAR

RECIPE

These little potatoes equal a fiesta for one

Papas criolla hold the key to a midweek one-person fiesta. They're perfectly round potatoes slightly smaller than a golf ball that are commonly found in Latin cooking.

Cheesy potato and bean bowl

Makes 1 serving

Ingredients:

- 1/4 cup (60 mL) minced onion
- 1 tbsp (15 mL) plus 1 tsp (5 mL) canola or vegetable oil
- 1 cup (250 mL) refried pinto beans
- Salt and pepper, to taste
- 1 finely minced garlic clove
- 2 cups (500 mL) kale, stems removed and finely chopped
- 10-12 frozen papas criolla or 3-4 small, chopped Yukon gold potatoes, rinsed and skin-on
- 1/2 avocado, peeled, pitted and cut into bite-sized chunks
- 2 oz (60 g) thinly sliced Oaxaca cheese or mozzarella
- Hot sauce, to taste

Directions:

1. In a medium skillet over medium-high heat, sauté onion in 1 tbsp (15 mL) oil. Add beans and cook until mixture softens and reaches a paste-like consistency, 5 to 6 minutes. Add salt and pepper to taste. Transfer to small oven/microwave-safe bowl.

2. In the same skillet over medium-high heat, sauté garlic in 1 tsp (5 mL) oil until fragrant. Add kale and potatoes. Sauté until potatoes are hot and crispy and kale has wilted and become tender, about 7 to 8 minutes. Add salt and pepper to taste. Layer kale and potatoes on top of bean mixture in bowl.

3. Top bowl with avocado chunks. Place cheese on top. Melt cheese in microwave or broiler until bubbly. Top with hot sauce, serve immediately. TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spreads

Peanut butter and Nutella are beloved breakfast and snack favourites, but one is definitely a healthier option.

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Modern crossover hits mark



REVIEW

Refreshed 2017 Escape has great tech

The Canadian Rockies may not be the most obvious pick for a non-skiing vacation, but once you get a chance to drive through it, the beauty of the snow-capped mountains, fresh piney smell, and close-up glimpses of wild animals outside your window make you wonder why more people don't come.

In the same way, the Ford Escape may not be the most obvious choice for a compact crossover. Like an all-inclusive beach resort, most people will gravitate towards a Honda CR-V or a Toyota RAV4, but once you drive the new 2017 Ford Escape, you come to appreciate that it has a lot to offer.

The Ford Escape has always been a top seller in the compact crossover segment, and it's the second best-selling Ford model after the F-150. It was starting to feel dated, but the refreshed 2017 version with great technology will make it more competitive.

Outside, the biggest change is a big grille that makes the Escape look like a smaller Ford Edge. It helps give the crossover a wider stance and more presence on the road. Available LED headlights freshen up the look, and adaptive headlights are available. The first big news is two new EcoBoost engines: a 1.5-litre turbo four-cylinder and a 2.0-litre four-cylinder with a

twin-scroll turbocharger. They both come standard with stop/start, and it is one of the most seamless and least annoying systems out there. The intelligent system improves fuel economy by four to six per cent in stop and go traffic and won't activate if the car is in extreme temperatures.

The carryover 2.5-litre four-cylinder is still available, but it's really not the engine you want because it makes the Escape feel lethargic. The EcoBoost options are much better.

On a few stretches of two-lane mountain roads, passing three slower moving cars at a time was surprisingly quick and wasn't anxiety-inducing.

All engines are paired with a six-speed automatic transmission and upper trim levels even have paddle shifters.

Front-wheel drive Escapes are available, but most people will opt for the AWD system, which reads the road conditions every 16 milliseconds. The system can transfer up to 100 per cent of the power to the front or rear wheels if needed. The system makes the crossover feel sure-footed, and it never lost traction in the rain, snow or freezing rain experienced while driving in the mountains and the engine never lost steam at higher altitudes.

All of this makes the 2017 Ford Escape easy, familiar, and predictable to drive. It's easy to park and maneuver, it feels confident and planted. It has everything you'd expect in a modern crossover.

AUTOGUIDE.COM

ALL PHOTOS: LEE BAILE

THE CHECKLIST | 2017 FORD ESCAPE

THE BASICS

Engine: 2.5L four-cyl/1.5L turbo 4-cyl/2.0L turbo four-cyl
Power: 168 horsepower
Transmission: Six-speed automatic
Price: Starts at \$25,099, top model \$35,999

TECH FEATURES

• Adaptive cruise control, collision warning, automatic emergency braking, perpendicular or parallel park assist with park-out functionality and lane keep assist are all available as well as SYNC3, SYNC Connect and a new Ford Pass app for your smartphone.



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- Smooth stop/start
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LEAVE IT

- Small back seat
- Bad base engine



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Spider the Viagra of cars, Fiat suggests

COMMERCIALS

New campaign compares car to the blue pill

Who needs the blue pill when the Fiat 124 Spider is enough to get you excited? At least that's the aim of Fiat's newest commercial for its 160-horsepower roadster. This isn't the first time Fiat has employed the infamous blue pill in its commercials, with the first video showcasing the Fiat 500X Sport and the same two actors. In fact, the new commercial starts off the same as the other, but things change when the gentleman peers down the pill bottle to find that it's empty. Instead of a blue pill getting jet-tisoned out the window and transforming a Fiat 500 to a Fiat 500X, this time the gentleman who needs a bit of motivation hops into his Fiat 124 Spider for a thrilling drive that gets him plenty excited.



+ IN BRIEF

Ford believes fake engine noises will save fuel

Ford has filed a patent to use imitation engine noises in hopes of saving on gas. How does that work? Well, the patent itself is for "increasing the number of cylinders in an internal combustion engine in a virtual fashion," but essentially it's a device that generates "engine noise at a time period between two directly successive ignition events of an internal combustion engine."

Subaru Boxer engine turns 50

The Subaru Boxer engine is celebrating its 50th anniversary this year. Originally introduced on May 14, 1966 in the Subaru 1000 compact passenger car, the Japanese automaker has since produced more than 16 million units. Today, every vehicle sold by Subaru is powered by a Boxer engine.

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Audi A7 prototype has impeccable manners

SELF-DRIVING

Car shows consideration for others on the road

Audi's self-driving prototype might show more consideration for other drivers on the road than some human beings.

The Audi A7 piloted driving concept has received the nickname "Jack" by the German automaker, and Audi claims "it has learned how to show consideration for other road users." Not only is the A7 able to autonomously drive itself on the highway, but it also exhibits a driving style that safely adapts to the given situation, making it a research car with social competence. For example, Jack is showing that it drives more naturally through all the data it has gathered, now passing trucks with slightly wider lateral gap. It also signals upcoming lane changes by activating the turn signal and



The Audi A7 prototype, or "Jack," lets other cars merge on the highway, which is more than we can say for some humans. HANDOUT

moving closer to the lane marking first, performing the act like some human drivers do.

Perhaps the most interesting thing about Jack is how it makes decisions when other drivers want to merge into its lane. The test car will decide, based on the select driving profile, whether it will accelerate or brake in order to handle the traf-

fic situation in a way that benefits everyone on the road. That might be more than we can say about some human drivers who will never let other cars merge.

Audi has spent the past few years investing heavily into piloted driving features and is expected to introduce the technology with the next-generation Audi A8 that will debut next

year. In the U.S., Audi had a driverless TTS etch the brand's four ring trademark into the surface of a salt flat as well as conquer the legendary Pikes Peak Hill Climb. It has also campaigned an RS7 Sportback at the Hockenheim Motodrome in Germany, turning in lap times comparable to or even better than professional drivers. AUTOGUIDE.COM

MARKETING

Cadillac gets into coffee business



Joe Coffee will provide the java at Cadillac House. HANDOUT

Cadillac is opening a coffee shop on the ground floor of its New York office.

Called Cadillac House, the coffee shop and retail boutique will also feature an art gallery in the space. Cadillac House

will open to the public on June 2 and according to Bloomberg, the American automaker has been working on the multi-million-dollar project for 18 months. AUTOGUIDE.COM

+ WHEELS BRIEFS

LAPD not yet sold on Tesla Model S joining the force

The Los Angeles Police Department isn't sure about using Tesla Model S sedans in its fleet. Last year, Tesla handed over a pair of Model S P85D loaner cars to the

LAPD so that the police department could assess the vehicle's performance in its environment. For now, however, LAPD say that the Tesla Model S currently isn't practical enough. AUTOGUIDE.COM

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*Selling price is \$37,675 on a new 2016 TLX (UB1F3GJ). Selling price includes \$2,045 freight and PDI, EHF fees (\$29), EHF fees (\$11), air conditioning fee (\$100) and OMVIC fee (\$10). License, insurance, registration and taxes are extra. †Limited time lease offer based on a new 2016 Acura TLX (UB1F3GJ) available through Acura Financial Services on approved credit. Representative lease example: 0.9% lease rate for 48 months (48 payments). Monthly payment is \$368 with \$2,750 down payment, 16,000 km allowance/year; charge of \$0.15/km for excess kilometers. Total lease obligation is \$20,414. Offer includes EHF fees (\$29), EHF fees (\$11), air conditioning fee (\$100), OMVIC fee (\$10), PPSA (\$37) and Own the Road Event Credit (\$1,000). License, insurance, registration, options, duties and taxes are extra. PPSA lien registration fee and lien registering agent's fee are due at time of delivery. \$1,000 Own the Road Event Credit includes applicable sales taxes. ‡\$4,000 Customer Cash Rebate (CCR) is available on new 2016 Acura TLX SH-AWD[®] Tech V6 (UB3F5GKN), and TLX SH-AWD[®] Elite V6 (UB3F7GKN) models when registered and delivered before May 31, 2016. Total incentives consist of: (i) \$2,000 that cannot be combined with lease/finance offers; and (ii) \$2,000 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 31, 2016 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acuradowntown.ca for more details.



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"What we want from hockey, what we look for, is life's ideal, not its reality": Gord Downie during the 2004-05 NHL lockout

metr SPORTS

Rock-steady in Cleveland

RAPTORS GAME 5 PREVIEW

Toronto has kept even keel through ups and downs

Of all the traits the Toronto Raptors have displayed this season, there is none of which they are more proud than their collective level-headedness.

They know not to get too euphoric after wins, to not dive into the throes of despair after losses; the even-keel nature of the season has helped make it

“

I was watching. It's pretty awesome them being down two and coming back.

Connor Brown, of the Toronto Marlies, on the Raptors' recent triumphs. The Marlies trail the Hershey Bears 2-0 in the Calder Cup Eastern Conference Final with Game 3 at Ricoh Coliseum on Wednesday night.

the most special in franchise history.

And now, with a monumental opportunity in front of them, one that may never come around again, they remain calm and collected and not at all full of themselves.

They know being 2-2 with the Cleveland Cavaliers in what's now a best-of-three NBA Eastern Conference final is a gigantic accomplishment but that it doesn't mean anything is going to be easy.

"I will say this: it's going to be a different animal back in Cleveland, as it is in every series," coach Dwane Casey said on a conference call on Tuesday afternoon.

"When you go into another team's home territory, it's a little bit tougher."

The Raptors arrived in Cleveland brimming with confidence, but not cockiness. After being drilled in the first two games of the series at the Quicken Loans Arena, Toronto rebounded with two wins at home.

They were led by the scoring exploits of Kyle Lowry and DeMar DeRozan — 67 points between them in Game 4 — and an increasingly stingy defence that has frustrated Cleveland's outside shooters.

"I think DeRozan and Lowry really took it upon themselves



55

The number of points Kyle Lowry scored in the Raptors' two wins over the Cavs. In Toronto's two losses, he scored just 18 points.

Raptors point guard Kyle Lowry lays in two of his 35 points against the Cavaliers in Game 4 Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

to get their team back on track, and we have to take that one-on-one challenge and be better with those two guys," Cleveland coach Tyronn Lue told reporters on Tuesday.

The familiarity that has developed as the series has progressed is helpful, but Casey

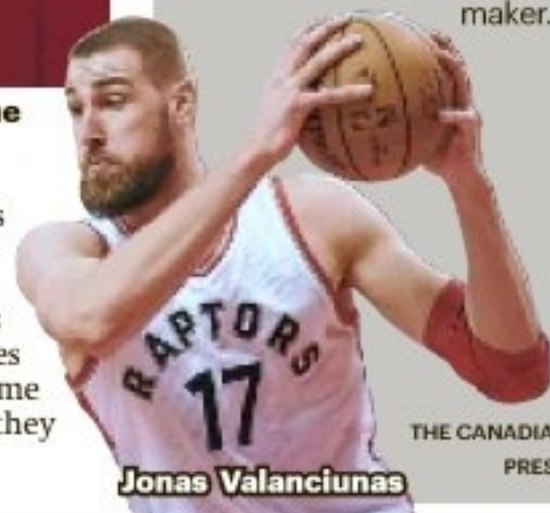
knows it runs both ways.

"We know who they are, they know who we are," he said. "I think we have gotten a little bit more familiar with what they're trying to do and giving us a little bit more confidence as far as to stop it."

"As we go further, I think it

just helps both teams to get more comfortable. It gets into a little more of a chess match as the series goes on. We've learned some things, and I'm sure they have, too."

TORSTAR NEWS SERVICE



Jonas Valanciunas

THE CANADIAN PRESS

+ FRONT COURT

Big ace up their sleeve

The Raptors do have one card left that they may play in centre Jonas Valanciunas.

He was active but did not play in Game 4 after suffering a sprained ankle in Game 3 of the conference semifinal with Miami.

It's hard to imagine Valanciunas having a huge impact given Cleveland's unorthodox frontcourt, but he's an intriguing possibility. Bismack Biyombo had a huge impact on the series the last two games, averaging 20 rebounds, but the other dynamic of Valanciunas could be a difference-maker.

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'It wasn't the track's fault'

INDYCAR

Oakville's Hinchcliffe making new memories in Indianapolis

In his return to Indianapolis Motor Speedway this May, James Hinchcliffe didn't find himself reliving the terror and agony of the crash there that nearly killed him.

"My last memory of the Speedway last year was a great one: I was driving around, my car felt good, and life was peachy," Hinchcliffe said Tuesday.

He doesn't remember anything about the accident at practice last May 18 or the immediate aftermath. Nothing about the broken piece of suspension that pierced his leg. Or the safety crew pumping him with more than 14 pints of blood as they



James Hinchcliffe in Indianapolis on Monday.
THE ASSOCIATED PRESS

raced him to the hospital.

That is much of why he can so matter-of-factly say of his trip to the Brickyard this year: "It was like any other month of May. We showed up with a job to do."

He and his team couldn't have done it better at qualifying last weekend, when the 29-year-old from Oakville claimed the pole for this Sunday's Indianapolis

500.

"I was trying really hard to not associate any of the subsequent pain and discomfort and whatever it is that I went through with that track," Hinchcliffe said during a whirlwind day of promotional appearances around New York City with three fellow drivers to promote the 100th running of the race. "It wasn't the track's fault, as far as I was concerned."

He was injured six days before last year's Indy 500 and watched it from the hospital, where he spent more than a week. After his release, what particularly concerned him about his return to racing wasn't the severe leg injury. Hinchcliffe had also sustained his second major concussion in just over a year. Unable to do much physically, he focused on cognitive drills to hone his memory and reaction time.

"To make sure that I could still make split-second decisions at 220 m.p.h.," he said.

THE ASSOCIATED PRESS

SOCCER

Taking umbrage with Seba snub

Little less than 18 months ago, Italian national coach Antonio Conte was one of the first to praise Toronto FC striker Sebastian Giovinco, then 28 years old, for choosing a move to MLS in the prime of his career.

Fast forward to today — Giovinco has made the most of his time at TFC, becoming the league's most successful individual player to date. But he's on the outs with his national team, excluded as of Monday from representing Italy at this summer's European Championship.

Conte's reasoning? Giovinco is paying the price for his move overseas.

"It's clear that if you make such choices in football then at the end you might pay the consequences," the coach told the Associated Press Tuesday.

It's a slap in the face for Gio-



Sebastian Giovinco, left, and fellow MLS Italy snub Andrea Pirlo last October in Florence. GETTY IMAGES

vinco's teammates, the Italian's biggest supporters and some of the elite players in MLS.

"I don't think playing for MLS in any way takes away from the player that he is," midfielder Will Johnson said Tuesday. "In many ways, I think it showcases what a good player he is, his adaptability to come over to a different league and step outside of his comfort zone."

Since first donning a Reds jersey last March, Giovinco has 30 goals and 21 assists in 45 games.

TORSTAR NEWS SERVICE

IN BRIEF

Ronaldo limping, but expected to play Saturday

Cristiano Ronaldo left Real Madrid's training session early after an injury scare on Tuesday, but doctors said the forward is not at risk of missing the Champions League final against Atletico Madrid.

He hurt his left leg after colliding with goalkeeper Kiko Casilla but the

Portuguese forward walked off the pitch on his own.

THE ASSOCIATED PRESS

.500 Yankees drop Jays

For the first time since the second week of the season, the New York Yankees are back at .500.

A resurgent Nathan Eovaldi combined with his bullpen on a two-hitter to win his fifth straight, and the Yankees

beat the Blue Jays 6-0 Tuesday night to extend their winning streak to six games.

Carlos Beltran homered off knuckleballer R.A. Dickey and drove in New York's first two runs. Having dropped as many as eight games under .500 during their worst start in a quarter-century, the Yankees are 22-22. Last-place Toronto dropped to 22-25.

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RECIPE Salmon Burgers



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

These burgers made from fresh salmon get a zippy hit of flavor thanks to ginger and scallions.

Ready in

Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin, it will make it much easier to chop

up. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Resist the urge to use a food processor for this task or you will end up with salmon paste and that's not what we're after.

2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

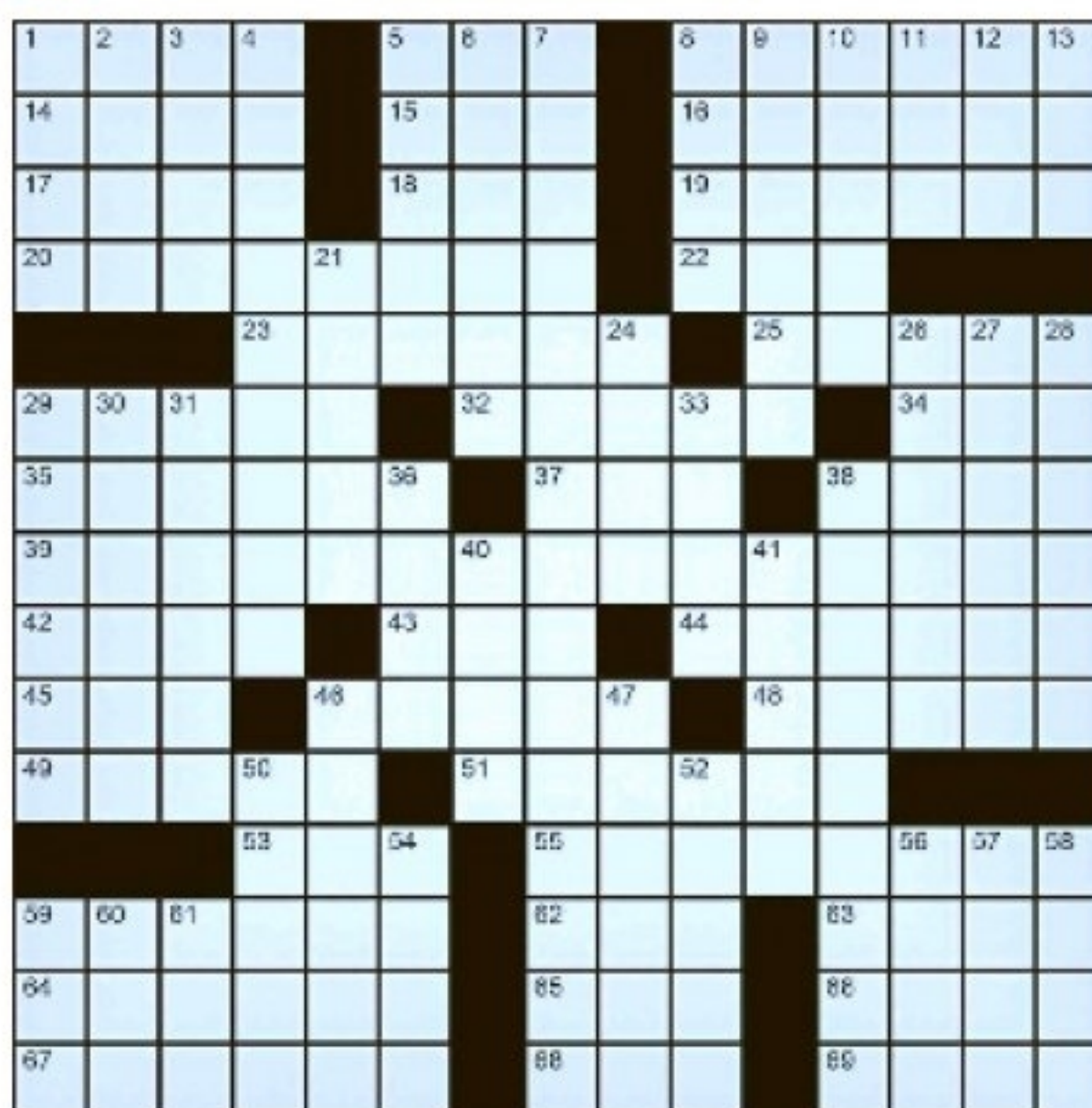
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Just for Laughs" (Canuck fun TV show)
5. Beast of burden
8. First-rate, as an excellent job
14. Pronto, in an office
15. Charge
16. ___ Ed's (Toronto bargain store attraction)
17. Stuff
18. ___ pedestal
19. "SCTV" alum Ms. Martin
20. Soldier's garb
22. Stove brands, e.g.
23. Bell and Rogers, hip-style
25. Belonging to rock singer Meat
29. Sanctuary
32. Nervous
34. Cat's claws locale
35. Muse of astronomy in ancient Greek mythology
37. Oscar-winner Ms. Field, to pals
38. Finale, in music
39. Montreal-born author of 1971 novel St. Urbain's Horseman: 2 wds.
42. "Titanic" (1997) actress Suzy
43. "There no '___' T-E-A-M."
44. Earlier match or round [abbr.]
45. Glasgow refusal
46. Beef up: 2 wds.
48. Desktop symbols
49. County in



- England
51. Shri! scream!
53. Dermatology plumping site
55. Magnitude
59. Taste, States-style
62. Workshop tool
63. Chill
64. Filmdom

65. Marathoner Ms. Pippig
66. 1970 war movie, when tripled!
67. Sophisticated
68. Coffee make ...the 'cafe' has been drunk
69. Sea eagles

DOWN

1. Sailing spar sort
2. World's biggest continent
3. Canadian composer Mr. MacDermot
4. Hairstyling woes: 2 wds.
5. Run ___ of (Conflict)

6. Toronto college; or, Roman statesman
7. "We had joy...": 1974 hit song for Winnipeg-born singer Terry Jacks: 4 wds.
8. 1970s carpeting choice
9. "Mr. ___" by Bobby Vinton

10. "Then...?": 2 wds.
11. For every
12. Expend
13. "Harper Valley ___"
21. Soaps actress Ms. Francis
24. Celebrity
26. NASA's moon program
27. Gradually-seen movie scene: 2 wds.
28. Lots of locusts
29. Compassionate to critters
30. Perfumes
31. Deviates
33. Dress undergarment
36. ___-tongued
38. Chess victor's declaration
40. Assists
41. Ye olde town announcer
46. Self-evident truths
47. Flowery
50. J.R.R. Tolkien: Middle-earth beings
52. Belonging to Des Moines' state
54. Address the heavens
56. Prince ___ (Alexander Borodin opera)
57. Change direction
58. Nays opposers
59. US broadcasting regulator
60. Tiny 'tiny'
61. Ms. Navarro, 2016 Presidential election commentator on CNN

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Conversations with authority figures (bosses, parents and the police) might be heated today. Chill out. Part of the problem is that something unexpected will catch you off guard.

Taurus April 21 - May 21
Avoid controversial subjects today, because people are entrenched in their own point of view and will listen to no one else. Therefore, save your breath! Travel plans will change.

Gemini May 22 - June 21
Keep an eye on your bank account to know what's happening today, because something unexpected might occur. It could impact inheritances and shared property agreements.

Cancer June 22 - July 23
Because something is unexpected, this could throw you off your game when dealing with partners and close friends. Do your best to stay calm so that you can handle the unexpected.

Leo July 24 - Aug. 23
Today your work routine will be interrupted by computer crashes, power outages, canceled meetings and such. Give yourself extra time so you have wiggle room to deal with this.

Virgo Aug. 24 - Sept. 23
Parents should be extra vigilant today, because this is an accident-prone day for their kids. Romantic partners will also encounter speed bumps. Oops. Be patient.

Libra Sept. 24 - Oct. 23
You like to keep the peace with others for your own peace of mind. Therefore, avoid arguments with partners and close friends today. Be cool.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for you, so pay attention to everything you say and do. If you are mindful and aware, you will be fine.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money and cash flow today. Count your change. Double check your bills and invoices, because something unexpected will affect your wealth.

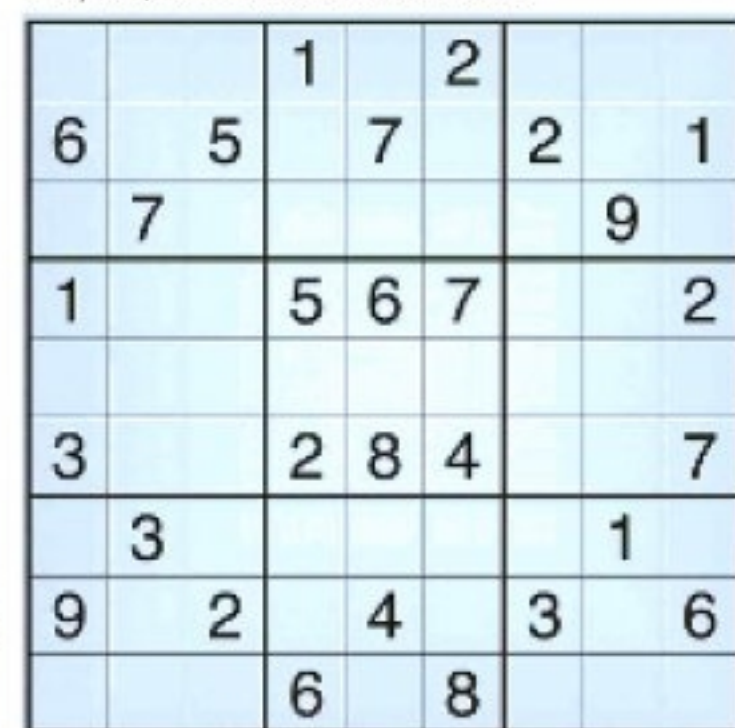
Capricorn Dec. 22 - Jan. 20
Today the Moon is in your sign, lined up with Pluto and at odds with Uranus. Guard against impulsive, impetuous behavior. Think before you act. Watch out for knee-jerk reactions.

Aquarius Jan. 21 - Feb. 19
Something hidden or behind the scenes will catch you off guard today. Patience and an unhurried pace will be your best approach.

Pisces Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone who is a real character. This person likely will be bohemian or "out there" in some way — definitely unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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